

1 ABSTRACT OF THE DISCLOSURE

2 A swimming exerciser includes a pair of height adjusting devices each having a
3 base for secure engagement with a pool side and a pole mounted on the base and
4 provided with a slot and multiple cutouts defined in the pole to communicate with the
5 slot. A pair of resilient devices each has a positioning block, a head extending from a
6 side of the positioning block to be movably received in a corresponding one of the
7 cutouts and an elastic strap oppositely formed relative to the head and having a hook. A
8 trapping device has a loop and two opposed rings on the loop to correspond to the two
9 hooks of the two resilient devices. After a swimmer's waist is received in the loop, the
10 swimmer is able to swim in a supported manner in the pool.